

Mineral Oil Instructions in Preparation for Ear Wax Removal

The purpose of using mineral oil prior to wax removal from the ear canal is to soften ear wax making it easier for the doctor or clinician to remove tough wax that adheres to the ear canal wall.

Mineral oil can be purchased at your local pharmacy.

Instructions are as follows:

- Lay down on your side and **fill** the ear canal with mineral oil.
- Let the mineral oil sit in the canal for about 10 mins
- After 10 minutes sit up and let the oil drain from the ear
- Wipe the ear and into the canal as best you can with a soft cloth or Kleenex **(do not use Q-tips)**
- Repeat nightly until your wax removal appointment (1 week prior)

Maintenance for non re-occurrence of wax build up are the same procedure as above done once a week or as needed.

Be Aware – If you wear hearing devices and use mineral oil or other in the ear canal, you must be careful that your hearing devices do not get oil in them. After the use of mineral oil, wipe the ear and canal as best you can with a soft Kleenex or cloth **(do not use Q-tips)**. Administration of the mineral oil is best done at night before bed and then the hearing devices can be worn the next day.

Caution – If you have a perforated ear drum, no ear drum or any concerns with the integrity of the ear drum, **DO NOT** put any mineral oil or other into the ear canal.